



CME / CE Activity Detail Page

Harmonized Healer Coaching Program - Joanne Sotelo, MD

Activity Date: April 24, 2026 - April 24, 2029

Activity Type: Enduring

CE: 10 total credits

This activity offers 10 CE credits for:

1. Physicians (*AMA PRA Category 1 Credit™*)
2. Nurses (ANCC NCPD)
3. Pharmacists (ACPE CPE)
4. Physician Assistants (AAPA Category 1)
5. Social Workers (ASWB- ACE)
6. Psychologists (APA CME)
7. Dietitians (CDR CPEUs)
8. Dentists (ADA-CERP CME)
9. Athletic Trainers (BOC CEUs)
10. Other*

*All other attendees will receive an *AMA PRA Category 1 Credit™* participation certificate

FACULTY:

Joanne Sotelo, MD



INSTRUCTIONS FOR LEARNING:

This activity is delivered in a hybrid format over approximately 12 weeks, combining short asynchronous learning modules with live, weekly coaching sessions, which have then been recorded as enduring materials. Each module (approximately 20–25 minutes) includes pre-recorded video and written content focused on practical strategies for burnout prevention, emotional regulation, and sustainable career development. Learners engage with on-demand content at their own pace, with recorded group coaching sessions that incorporate interactive discussion, skill-building exercises, and personalized guidance. Recorded sessions are available to support flexible access and continued learning. Additional resources include practical frameworks, reflection exercises, and structured tools to support implementation of concepts such as boundary-setting, cognitive reframing, and nervous system regulation. To claim credit, learners are required to engage with the content and complete a post-activity evaluation. Throughout the course, learners will develop practical skills to improve emotional resilience, align decision-making with personal values, and build sustainable, fulfilling professional lives.

STATEMENT OF NEED:

This education is needed due to high rates of burnout, emotional exhaustion, and work-life conflict among women physicians, who are disproportionately affected compared to their male counterparts. Research shows increased levels of stress, anxiety, depression, and career attrition in this group, often driven by perfectionism, emotional labor, and lack of systemic support. Despite strong clinical training, physicians are not taught the cognitive, emotional, and behavioral skills necessary to sustain long-term professional performance. There is a significant gap between clinical competence and the ability to manage stress, set boundaries, regulate emotions, and make aligned career decisions. Additionally, increasing administrative burdens and evolving healthcare demands further exacerbate these challenges. Learners are actively seeking structured, evidence-based approaches to improve well-being and career sustainability. This activity addresses these gaps by providing practical, evidence-informed strategies that support measurable improvements in resilience, professional fulfillment, and long-term career sustainability.



LEARNING OBJECTIVES:

After participating in this activity, learners will be able to:

1. Apply cognitive and behavioral strategies to manage stress, perfectionism, and emotional exhaustion.
2. Implement boundary-setting techniques to improve work-life integration and professional sustainability.
3. Utilize nervous system regulation tools to enhance emotional resilience and performance.
4. Develop action plans aligned with personal values to support long-term career fulfillment.

TARGET AUDIENCE:

This activity is suitable for Physicians, Nurses, Pharmacists, Physician Assistants, Social Workers, Psychologists, Dietitians, Dentists, Athletic Trainers, and other healthcare professionals.

It is primarily designed for women physicians across career stages, including early-career clinicians, mid-career professionals, and physician leaders. The activity is especially relevant for those experiencing burnout, leadership stress, work-family conflict, or challenges related to perfectionism and professional alignment. It is also applicable to other healthcare professionals in high-stakes clinical or leadership roles seeking to improve well-being and sustainability.

DISCLOSURE DECLARATION:

It is the policy of Pinnacle Conference, LLC, to ensure independence, balance, objectivity, scientific rigor, and integrity in all of their CE activities. Faculty must disclose to the participants any relationships with commercial companies whose products or devices may be mentioned in faculty presentations, or with the commercial supporter of this CE activity. Pinnacle Conference, LLC, has evaluated, identified, and mitigated any potential conflicts of interest through a rigorous content validation procedure, use of evidence-based data/research, and a multidisciplinary peer review process. The following information is for participant information only. It is not assumed that these relationships will have a negative impact on the presentations.

Faculty Disclosures

Joanne Sotelo, MD, has disclosed a financial relationship: Self – Founder of The Harmonized Healer.



Planning Committee

Joanne Sotelo, MD, has disclosed a financial relationship: Self – Founder of The Harmonized Healer.

Pamela Mehta, MD, has nothing to disclose.

Content Reviewer

Shafqat Abbas, PharmD, has nothing to disclose.

All relevant financial relationships have been evaluated and mitigated.

Unlabeled Use Disclosure

Faculty of this CME/CE activity may include discussions of products or devices that are not currently labeled for use by the FDA. The faculty have been informed of their responsibility to disclose to the audience if they will be discussing off-label or investigational uses (any uses not approved by the FDA) of products or devices. Pinnacle Conference, LLC, the faculty, planners, and Joanne Sotelo, MD do not endorse the use of any product outside of the FDA-labeled indications. Medical professionals should not utilize the procedures, products, or diagnosis techniques discussed during this activity without evaluation of their patient for contraindications or dangers of use.

CREDIT INFORMATION

Jointly Accredited Provider

In support of improving patient care, this activity has been planned and implemented by Joanne Sotelo, MD and Pinnacle Conference, LLC. Pinnacle Conference, LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians - ACCME

Pinnacle Conference, LLC, designates this Enduring activity for a maximum of 10 *AMA PRA Category 1 credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Note to Nurse Practitioners: Nurse practitioners can apply for *AMA PRA Category 1 credits™* through the American Academy of Nurse Practitioners (AANP). AANP will accept *AMA PRA Category 1 credit™* from Jointly Accredited Organizations. Nurse practitioners can also apply for credit through their state boards.



Nurses - ANCC

This activity is designated for 10 contact hours.

Pharmacists - ACPE

To receive CPE credit through CPE Monitor, please ensure you have provided your NABP ePID number and DOB appropriately. If you are unsure or would like to confirm, please contact ce@learnatpinnacle.com within 60 days of completing the activity.

Physicians Assistants - AAPA



Pinnacle Conference, LLC has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 10 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Psychologists - APA



**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Athletic Trainers - BOC



Pinnacle Conference, LLC (BOC AP#: JA4008385) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of (10) Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



Registered Dietitians - CDR



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU). RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

Social Workers - ASWB



As a Jointly Accredited Organization, Pinnacle Conference, LLC is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program.

Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 10 General continuing education credits.

Dentists - ADA-CERP CME



Pinnacle Conference, LLC is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to

the Commission for Continuing Education Provider Recognition at ADA.org/CERP. Pinnacle Conference, LLC designates this activity for 10 hours continuing education credits. Concerns or complaints about a CE provider may be directed to the provider, or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.